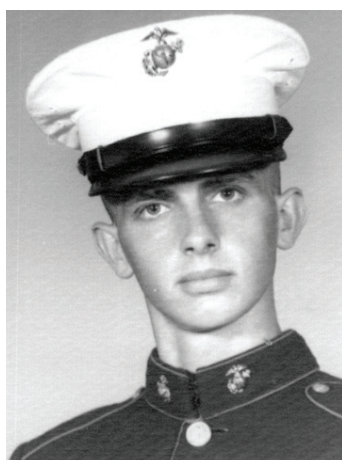


FRONT & CENTER

Providing News to Our Veterans

January 2013



STRIVE FOR A HEALTHY WEIGHT

Get a fresh start in 2013! One of the most popular New Year's Resolutions is to lose weight and get fit. VA Butler Healthcare's Telephone Lifestyle Coaching (TLC)

Program can help you do just that! TLC is a new program that uses coaching calls to help Veterans reach their health goals. The program teaches Veterans how to make behavioral changes to improve their well being and live a healthier lifestyle.

U.S. Marine Corps Veteran Charles Ford struggled with his weight before trying VA Butler's TLC program. Veterans in the program may focus on any combination of the following six healthy lifestyle goals: 1] Strive for a Healthy Weight 2] Be Tobacco Free 3] Be Physically Active 4] Eat Wisely 5] Limit Alcohol and 6] Manage Stress.

"My health goal was to lose weight," said Charles. "I wanted to learn more about and keep better track of what I was eating."

Participating Veterans receive workbooks to support their health goal. They also receive nine scheduled coaching calls. TLC coaches are skilled in helping Veterans set and meet health goals. Veterans may also call their coach during regular business hours if they need additional support.

"I learned a lot about portion sizes and how to check food packets for calorie content and serving sizes. I also focus now on eating more fruits and vegetables at every meal."

Veterans interested in participating in the TLC program may call their health care team at VA Butler or the Health Promotion & Disease Prevention Program Manager at 724.285.2292.

"I lost 17 lbs. through the TLC program, and had to buy new clothes when I finished!" said Charles. "I would recommend the program to anyone...I'd even do it again myself!" Charles finished the program over two months ago, but continues to strive for a healthy weight by participating in VA's weight management program called *MOVE!* ★

"I lost 17 lbs. through the TLC program, and had to buy new clothes when I finished!"

Charles Ford, U.S. Marine Corps Veteran

THIS MONTH IN HISTORY...JANUARY

- 7** The U.S. Air Force announces the production of the first jet-fighter, Bell P-59 Airacomet (1944)
- 12** The first woman is elected to the Senate – Hattie Wyatt Caraway of Arkansas (1932)
- 14** The USS Arkansas, the largest U.S. battleship, is launched from the yards of the New York Shipbuilding Company (1911)
- 15** The Pentagon is completed [it was completed in only 16 months] (1943)
- 16** The Gulf War begins (1991)
- 29** The Seeing Eye, America's first school for training dogs to guide the blind, is founded in Nashville, Tennessee (1929)



HEALTHY WEIGHT WEEK IS JANUARY 20-26, 2013

During Healthy Weight Week, VA Butler Healthcare encourages you to improve your health habits in lasting ways by eating well and living actively! Veterans who are interested in making healthy lifestyle changes may talk to their Primary Care Team or contact the MOVE! Office at 800.362.8262, ext. 5504.



HOUSING FIRST

VA Butler Healthcare is working to end Veteran homelessness – more resources, more programs, more outreach, and now the “Housing First” approach. Housing First, a proven method for ending chronic homelessness that began in 1992, provides homeless Veterans with housing quickly and then provides services as needed. This approach has the benefit of being consistent with what most people experiencing homelessness want and seek help to achieve.

VA Butler will be using the Housing First approach for the HUD-VASH Program – the Department of Housing and Urban Development–VA Supportive Housing Program. HUD-VASH is a joint effort between HUD and VA to move Veterans and their families out of homelessness and into permanent housing.

Veterans who are homeless or at-risk for homelessness may contact the VA National Call Center for homeless Veterans at 877.4AID.VET. For more information about VA Butler’s Homeless Program, contact 800.362.8262, ext. 2439. ★

We want to hear from you!
Email amanda.kurtz2@va.gov or lauren.heiger@va.gov to share your story with us!



Last year’s Healthy Living Food Drive collected close to 1,000 items and helped 22 single Veterans as well as six families with two or more children.

HEALTHY LIVING FOOD DRIVE

In an effort to help our Veterans start off 2013 eating healthier, the Health Promotion & Disease Prevention Program at VA Butler Healthcare is organizing the second annual Healthy Living Food Drive. All are encouraged to bring in non-expired, non-perishable food items during the month of January to support our local Veterans in need. Food will be distributed to Veterans in February. ★

LET VA BUTLER HEALTHCARE HELP YOU WITH YOUR NEW YEAR’S RESOLUTIONS

Want to lose weight, exercise more, stress less, quit smoking, or limit alcohol in the New Year? VA Butler Healthcare can help you with your healthy living New Year’s resolutions for 2013. Talk to your VA health care team today! ★



EVENTS

January Podcast • Tobacco Cessation
Thursday, Jan. 3 • 12-12:30 pm
Call in: 724.444.7444 (Call ID: 85029)

Healthy Living Food Drive
(non-perishable and non-expired food items only)
Jan. 1 - 31
All donations benefit local Veterans in need
Contact 724.285.2292 for details



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